

## Salaat-ul Tasbih

### HADITH

It is recorded in Sunan Abi Dawud and other books of hadith that Rasulullah (sallallahu `alayhi wasallam) once said to his uncle Hadrat `Abbas RA: O Abbas! Oh my uncle! Shall I not give you a gift? Shall I not show you something by means of which Allah Ta`ala will forgive your sins, the first and the last of them, the past and recent, the unintentional and the intentional, the small and huge, the secret and open? Rasulullah (SAW) then taught him the Salah al-Tasbih. Furthermore he advised him that it be offered daily, if possible. If not, then every Friday or once a month or once a year or at least once in one's life time.

### WHEN TO PRAY:

This salaah is offered in four rakat at a time and can be read in any part of the day and night besides Zawal and Sunrise and Sunset makrooh times, keeping in mind the forbidden times for performing Salat (namaaz). **It is an excellent practice during the mubarak nights of Ramadhaan** and on any other auspicious night.

### METHOD:

The following tasbih is recited seventy-five times in each rakat totalling 300 in the 4 raka`ats.

**Subhaanallaahi walhamdu lillaahi walaa ilaaha illallaahu wallaahu akbar**

### The method of this salah is as follows:

After beginning the salah by saying Allah-u-Akbar recite the thana ', Sura al-Fatiha and a Sura followed by the above tasbih **15 times**.

Then go into Ruku and after reciting the usual tasbih for ruku` recite the above tasbih **10 times**.

After standing up from ruku` recite the usual Rabbana Lakal Hamd and thereafter recite the tasbih **10 times**.

Then go into Sajda and after reciting the usual tasbih for sajda recite the above tasbih **10 times**.

Then sit up from sajda and recite the tasbih **10 times** between the two sajdahs.

Thereafter go into sajda again and after reciting the usual tasbih for sajda recite the above tasbih **10 times**.

Then sit after the 2nd sajda (i.e. before standing up for the second rakat) and recite the tasbih **10 times**.

This adds up to **75 times** in one rak`ah. Do the same for the remaining 4 raka`at.

### POINTS TO REMEMBER:

1. Do not count loudly. It will break Salah
2. Do not count on fingers or by holding a Bead Tasbih in hand.
3. You may count by pressing the fingers as a reminder.
4. If missed a count then make it up in the next posture.
5. You can also make up the count in Sajdah Sahaw.

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U	U	U	U	U	H	D	H	I	I	I	Y	U	M
S	T	Y	U	A	H	H	A	S	R	N	B	F	I

### NAMES:

1. Sa'd ibn **Khawlah** [RA]
2. Atik ibn at- **Tahyan** [RA]
3. **Ukashah** ibn Mihsan [RA]
4. Abdullah ibn **Aamir**[RA]
5. **Usayrah** ibn Amr [RA]
6. Abu **Mu'adh** an-Najjari [RA]
7. **Ubayy** ibn Ka'b [RA]
8. as-**Sa'ib** ibn maz'un[RA]
9. Suhayl ibn **Rafi'** [RA]
10. **Sahl** ibn Atik [RA]

### RULES:

- Words may appear diagonally, vertically, horizontally **and backwards.**

- **Only the bold part** of a name appears in the crossword.



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